

# THE LEADER

Warriors of the North



Vol. 40, No. 29

Grand Forks Air Force Base, North Dakota

July 22, 2005

## Exercise: leaving on a jet plane

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## Base goes to the dogs

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## Splashin' good time

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## 319th Air Refueling Wing

**Mission:** The 319th Air Refueling Wing is America's finest combat air refueling wing ... working each day to defend America's freedom and training to execute rapid global mobility in order to defend America's future.

## This week in Airpower

On July 19, 1957 the Air Force fired the first air-to-air, nuclear defense rocket, the Douglas MB-1 Genie, from an F-89J over Yucca Flat, Nev.

**Severe Weather Line:**  
747-6245



## Perspective

# Looking at the big picture

By Senior Airman Joseph Luksik  
319th Comptroller Squadron

I became the finance unit deployment manager last September and it has opened my eyes to the whole deployment process. Many first term airmen, like me, never get to see how we all fit in. I didn't think this was what I would be doing when I joined, I had no idea it even existed.

Like many Airmen, I joined because I wasn't ready for college and I didn't want to stay home either. I knew I had to do something with my life. The Air Force was an obvious choice because it runs in the family.

In the beginning, I had no idea that finance Airmen, or majors for that matter, deployed. Once I found out what finance Airmen actually do in deployed locations it made a lot of sense.

As the finance UDM my duties include, but are not limited to, completing multiple training and readiness reports, informing the commander of

the status of these reports, and ensuring all members are current in their mobility requirements, and all that goes with ability to train and operate individual readiness exercises. I am one of the lowest ranking UDMs on base.

In the beginning, it was tough to learn the UDM duties and still complete my job as an accounting liaison technician. Once I knew where the tasks fit into the big picture, things became a lot easier.

I was finally getting into the mix of getting people ready to deploy when I found out that I would be deploying this cycle also. I am extremely excited to deploy even though I have a lot of questions. I always like to be prepared, so the big questions are based on the little things I should bring with me that no one thinks about until they get there.

Being inexperienced in the whole deployment experience, my only advice is go in with a good attitude. Try to enjoy yourself. It seems to work in every area of life. That and make sure you bring me back a souvenir!



Photo by Senior Airman James Croxon

## Remembering the fallen

Airmen pay their respects at a wing remembrance ceremony July 15. The ceremony gave Airmen a chance to reflect on the lives of three Airmen who have died since January. It also brought to the wing's attention the fragility of life and the necessity of a strong wingman culture. For more photos see page 9.



Col. Bill Bender  
319th Air Refueling Wing  
commander

## Action Line

Call 747-4522 or E-mail  
commandersactionline@grandforks.af.mil

The Action Line is your avenue for information about events and activities on and around the base. For questions about current events or rumors, leave a message.

Questions will be answered in the order they are received.

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## Consecutive DWI-free days

Goal is zero DWIs.

# THE LEADER

Warriors of the North



Photo illustration by Senior Airman James Croxon

Cover: All Airmen will someday deploy. This issue of The Leader focuses on getting ready. For details see the special pullout on pages 11 through 14.

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## Expeditionary Focus

# Exercise gives Airmen taste of unit deployments



Photo by Senior Airman James Croxon

**Col. Bill Bender, 319th Air Refueling Wing commander (wearing flightsuit), waits with other Warriors of the North as they listen to a pre-deployment briefing during an exercise Tuesday. The exercise tested the wing's ability to process for a mass deployment.**

**By Senior Airman James Croxon**  
Public affairs

Hundreds of Airmen packed their bags for a deployment Tuesday and Wednesday.

Their destination: nowhere.

This week's wing individual readiness exercise tested the personnel mobility and logistical processing capabilities of the wing and demonstrated the high points of the wing's deployment process as well as areas needing attention.

One such highlight was the processing of several hundred Airmen for the mock deployment, making sure they rapidly got the information and equipment they needed.

"After today, I feel like I could deploy immediately," said Airman Kevin Westlund, a survival equipment specialist with the 319th Maintenance Squadron. "From the issued equipment to the informative briefings, I feel prepared."

However, it wasn't just Airmen who haven't deployed who expressed confidence in the processing line.

"Coming from a flight crew background, deploying in this manner is all quite new to me," said Chief Master Sgt. Harry Viel, wing command chief master sergeant.

"The information in the briefings was to the point and comprehensive. From wills to powers of attorney to religious counseling, the processing line gives

Airmen a chance to get everything they might not have thought about before they deploy. It's great to see."

For Airmen who usually get processed individually, the exercise gave them a chance to experience a unit deployment.

"Being an information manager I have always deployed individually or in a small group," said Staff Sgt. Rutorrestt Larsen, Viking flight information manager with the 319th Aircraft Maintenance Squadron and a veteran of multiple deployments.

"It's great to see what it's like to deploy with a unit. It makes me want to do it this way next time."

More than 40 Airmen processed in each chalk, nearly twice as many as normal. However, the larger numbers slowed the process.

Deployment veterans like 1st Lt. James Wall, officer in charge of the 319th Aircraft Maintenance Squadron specialist element, assured Airmen who had never deployed before that the process is often faster in real-world deployments.

According to wing leaders, the value of the exercise was showing participants how to better prepare for next summer's operational readiness inspection.

"This starts our 'drum up' for an increased focus and tempo to the exercise program," said Col. Bill Bender, 319th Air Refueling Wing commander.

"It is our 'go to war, get out of town' exercise; it's what we're going to be doing for the next year as we see an increased tempo in the exercise program."

## News

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# Commission votes 'no' on closure in hearing

**By Capt. Michael Meridith**  
Public affairs

Members of the presidentially-appointed Base Realignment and Closure commission voted 6-3 to keep the base on the realignment list during a hearing in Washington, D.C., Tuesday afternoon.

The vote was just the latest step in a long process that reaches its climax in September when the commission deliv-

ers its final report to the President.

Department of Defense recommendations, released in May, call for the transfer of the wing's aircraft and most of its personnel, and the establishment of a new joint active duty/reserve component unit.

Air Force officials have said that such a unit would likely be charged with flying unmanned aerial vehicles such as the Predator and Global Hawk.

That possibility, among others, was

investigated during last week's site visit by a joint team of Air Mobility and Air Combat Command experts.

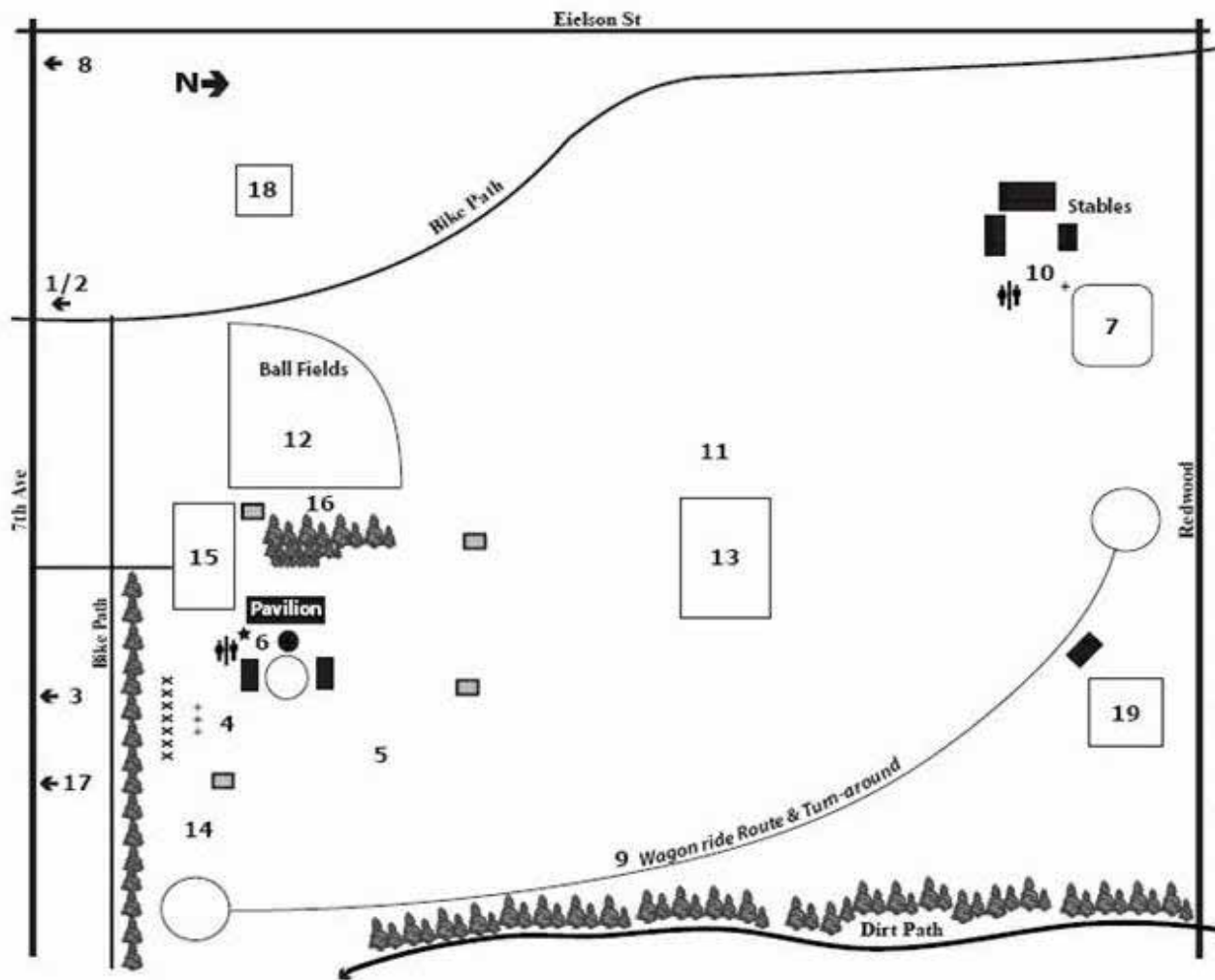
The commission's vote doesn't necessarily map out the base's future. The commission has until Sept. 8 to deliver its recommendations to the President, who must accept or reject them by Sept. 23. If rejected, the commission must submit new recommendations by Oct. 20 for a Nov. 7 presidential decision. Recommendations are subject to change

at any time during this process and Congress has 45 legislative days after Presidential approval to enact a joint resolution of disapproval.

Regardless of the final outcome, the Air Force is standing by with a variety of assistance programs for military and civilian employees affected by BRAC.

For more information on these programs visit [www.defenselink.mil/brac](http://www.defenselink.mil/brac) or <http://www.cpms.osd.mil/bractransition>.

# Summer Bash



## Schedule of Events

**9 a.m.** - Chiefs vs Eagles Softball game - field #1. **1**  
 - Registration for the Red, White & Blue Stroll at Liberty Square for a 3K or 5K. **2**  
**10 a.m.** - "Stroll" parade begins. **2**  
**10:15 a.m.** - Rolling Thunder Show and parade participants gather in the parking area on G St north of the vet clinic. **3**  
**11 a.m.** - Parade through base housing. **5**  
**Noon p.m.** - Presentation of colors on horseback east of the pavilion. **6**  
**12:30 p.m.** - Pony rides at the horse stables. **7**  
 - Two-person scramble at the Golf Course to include "Closest to the Pin.". **8**  
 - Wagon rides to and from the horse stables to the pavilion. **9**  
 - Jumpy castles west of the pavilion and next to the horse stables. **10**  
 - Dunk tank next to the ball field west of the pavilion. **11**  
**1 p.m.** - Raptor demonstration east of the pavilion. **6**  
 - Sack races in the ball field west of the pavilion. **12**

- Fire department demonstrations between horse stables and the pavilion. **13**  
**2 p.m.** - 3-legged races in the ball field west of the pavilion. **12**  
 - Open paint ball target shooting - cost \$2 per 10 shots. **14**  
**3 p.m.** - Bed races begin in the pavilion parking lot. Races will continue at 6:30 p.m. (Match-Up Event). **15**  
 - Pony rides at the horse stables. **9**  
**5 p.m.** - Winner announcements, all categories (to include commander's choice)  
 - Free chicken dinner (Match-Up Event). **6**  
 - 97 KYCK (country) DJ Jaci Anderson MCs door prize give-a-ways. **6**  
**5:30 p.m.** - Paintball marksmanship competition - prize, free field use. **14**  
**6:30 p.m.** - Bed race semi-finals and finals to run. **15**  
**7 p.m.** - Face painting - two locations next to the ball field west of the pavilion and horse stables. Teens will be painting faces. **16**  
**7:30 p.m.** - Teen galaxy bowling at Dakota Lanes bowling center \$1.25 per game (Match-Up Event) open to the public. **17**  
**After sunset** - Firework display. **18**



## Safety

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# Helmet wear: rider's choice? Not in my Air Force

**By Senior Master Sgt. Ty Foster**  
21st Space Wing Public Affairs

**PETERSON AIR FORCE BASE, Colo. (AFPN)** -- After more than 26 years of motorcycle riding and 21-plus years of service, I've given up wearing my helmet. It's not that I don't see any value in it. I just happened to sell my bike. Had you for a minute, didn't I?

Well, some of our Air Force folks seem to think they can just hang their helmet up because their state doesn't have a helmet law. They seem to think that just because other people don't wear a helmet, they don't have to. They're wrong. And if they don't watch it, they could end up dead wrong.

Last year, a non-commissioned officer from Hill Air Force Base, Utah, was riding through Colorado on his way to Sturgis, S.D. The weather was beautiful as he rode over the Rockies. At some point along his ride, he decided he didn't need to wear his helmet. He was

wrong, dead wrong. He left behind a family, friends and coworkers.

It's always a given when we lose someone in a motorcycle crash that the biker's family suffers. The rider's lapse in judgment evolved from a conscious thought that his or her actions were the right course to take. How would one come to the decision that taking a perfectly good helmet off one's head is the right decision?

Recently, I received an e-mail from a friend. He told me of an Airman riding his motorcycle out of the main gate at his installation. No big deal, right? It wasn't a big deal until he stopped his bike and took off his helmet to ride home -- big problem. The funny, but not so funny, thing was that he did it right in front of his wing commander -- very big problem.

I propose the decision to remove a helmet is entirely selfish. "I don't like wearing a helmet." "It's too hot." "I disagree with the Air Force's requirement for me to wear a helmet when I'm riding." To all of which

I say, "So what?"

It doesn't matter what you think. Do you question the Air Force's dress and appearance standards? Do you question your deployment training requirements? Do you question the rules and standards of performing your duties? No, probably not, because it's not a matter of personal choice. You joined the Air Force voluntarily and, in doing so, swore -- or affirmed -- to obey "the orders of the officers appointed over me, according to regulations and the Uniform Code of Military Justice."

Wearing a helmet is one of those orders according to Air Force Instruction 91-207, The U.S. Air Force Traffic Safety Program.

Riders, if you're active duty, Air National Guard or Reserve, ride by the rules. To selfishly decide you don't need to comply with Air Force safety requirements is to jeopardize not only your life, but our nation as well.

So mount up, ride by example and don't hang your helmet up until you're done with your ride.

## News

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### Housing Survey Now Available

An Air Force-wide base resident survey has been launched to determine the level of satisfaction of family housing residents at installations worldwide.

The survey provides base-housing residents and housing managers an opportunity to respond to questions about housing facilities and services.

"We encourage all residents to complete their survey as soon as possible," said Maj. Gen. L. Dean Fox, the Air Force Civil Engineer. "The more participants we have, the more accurate our results will be and the greater emphasis we can place on making the recommended changes."

Stateside residents should have already received the surveys, officials said.

The survey is customized for Air Force residents and takes about five

minutes to complete.

"Efforts to assess resident satisfaction have historically been undertaken at the installation level," said Col. Bob Griffin, Air Force Housing Division chief. "Using standardized surveys will allow us to make valid comparisons of the data collected. I encourage every Air Force family residing in government-owned or privatized housing to participate."

Each resident will be provided a pre-addressed, postage-paid envelope to return the survey.

Survey results are confidential and anonymous. With cooperation and candid responses by residents, the Air Force can collect information to identify areas for improvement.

A summary of the survey results will be provided to senior leaders at the wing, major command and Air Staff levels and used as a basis for decisions

regarding the Air Force's Military Housing Privatization Initiative, military construction needs and the future of family housing.

### Club Card Gets Facelift

The Air Force club membership card is being redesigned. The current card was introduced in 1999 and no changes have been made to it since. Due to a merger with Bank One, Chase Bank is "re-branding" all previous Bank One cards, including the Air Force club cards. The new design depicts the Thunderbirds and incorporates the Chase and Services logos. The new cards retain the same membership benefits, rate and terms and will be issued in August.

### The Star Treatment

To ease the financial stress associated with overseas deployments, the Army

and Air Force Exchange Service offers two Military STAR Card options to deploying troops.

Military STAR cardholders deployed for Operations Enduring and Iraqi Freedom may be eligible for a plan that offers a 6 percent interest rate with no monthly payments and deployment credit limits or an option that provides 6 percent interest rate with monthly allotment payments and increased credit limits.

Both options include no annual or late fees, online account management and exclusive promotional offers.

"This is a great opportunity for deployed service members to effectively manage their finances while they are stationed in Operations Enduring and Iraqi Freedom," said Keith Howell, Exchange Credit Program Marketing manager. For more information, visit [aafes.com](http://aafes.com).

# Base chapel

## CATHOLIC:

**Sunday Mass:** 9 a.m., Sunflower Chapel.

**Weekday Mass:** 11:30 a.m., Monday, Sunflower Chapel.

**Reconciliation:** 8:30 to 8:45 a.m., Sunday, Sunflower Chapel, or by appointment by calling 747-5673.

**For details on educational programs, call Jane Hutzol at 747-3073.**

## PROTESTANT:

**Traditional Worship:** 11 a.m., Sunday, Sunflower Chapel.

**Contemporary Worship:** 6 p.m., Sunday, Prairie Rose Chapel.

**Men of the Chapel Bible Study:** Noon, Wednesday, Prairie Rose Chapel conference room.

**Men's Prayer Lunch:** Noon, Saturday, Prairie Rose annex.

**For details on educational programs, call Carol Shower at 747-3071.**

## JEWISH:

**B'nai Israel Synagogue, 775-5124.**

## INTERFAITH CALENDAR

### UPCOMING DAYS

**Sunday: Pioneer Day** - Mormon - Christian

**Monday: St. James the Great Day** - Christian

**For information regarding the interfaith calendar or for all other religious information, call: 747-5673.**





## News

### The base remembers



*Photo by Staff Sgt. Darcie Ibiidapo*

Airmen came to the flag pole to pay their respects at a wing remembrance ceremony July 15. The ceremony honored the three Airmen who have passed away since January.

(Above) The wing salutes while Taps play in remembrance.

(Right) Along with posting the colors, the base honor guard also performed a 21-gun salute in the Airmen's honor.



*Photo by Airman Chad Kellum*



*Photo by Airman Chad Kellum*

## Base theater

Today, 7 p.m.

### Mr. and Mrs. Smith (PG-13)

John and Jane Smith lead boring suburban lives, and their marriage has grown routine. But John has a secret, and so does Jane: They're two of the world's most sought-after assassins. The truth comes out only when they're hired to kill each other by competing organizations.



Saturday, 3 p.m.

### The Adventures of Shark Boy and Lava Girl (PG)

In The Adventures of Shark Boy and Lava Girl ten-year-old Max invents two imaginary superheroes with whom he plans great adventures. Miraculously, they really come to life. Soon he's blasting off to Planet Drool with Shark Boy, a kid raised by sharks, and Lava Girl, a girl who emits flames. They take him on the Train of Thought, bound for the yummy land of Milk and Cookies. But when Mr. Electric and his sidekick Minus try to do away with their dreams, the trio must fight back to save Max's imagination.



Saturday, 7 p.m.

### The Honeymooners (PG-13)


New York bus driver Ralph Kramden and his pal Ed Norton keep hunting for get-rich-quick schemes. Luckily, their wives, Alice and Trixie, are there to keep them grounded and bring in some dough by waiting tables at a local diner.



Tickets: \$1.75 children, \$3.50 adults.  
For details cal 747-3021/6123

getting car out of  
**IMPOUND: \$187**

increase annual insurance  
**PREMIUMS: \$4000**



court costs of  
**PLEADING GUILTY: \$1296**

**NOT USING YOUR  
DESIGNATED  
DRIVER:  
BAD CALL**



# Warrior's Manual

July 2005

## Deploying? Know host nation cultures

### Courtesy of Wing Intelligence office

U.S. Central Command Middle East analysts say many Arab people are sensitive about the basing of U.S. troops on their soil. American forces should avoid any comments or actions that could lead anyone to believe that U.S. deployments are permanent.

Here are some more guidelines on customs, courtesies, and gestures for Airmen deploying to the Middle East:

### Alcohol

Islam restricts the use of alcohol and it is prohibited in many of our host nations in the Middle East. Airmen are not allowed to bring alcohol with them when deploying. Pornography and sexually explicit literature are equally unacceptable and are also prohibited.

### Handshaking/Sitting

Shake hands whenever meeting an Arab and when leaving. Never sit and expose the sole of your shoes or bottoms of your feet. It is regarded as an insult.

### Conversation

Generally take the lead from what someone brings up in conversation, but avoid asking personal questions. Do not ask questions about the women in the family.

### Friendship

Arabs take friendship very seriously. The Arab concept of friendship is one of duration and intensity. Before an Arab enters into a friendship, they typically try to find out all they can about a person first. If you misrepresent your background, not only will it affect your credibility, it can seriously harm the Arab's standing and that of his family.

Remember, that this system of friendship also balances favors against obligations. When favors are asked, never give a flat "no"; it will signal a desire to end the friendship.

### Touching

Touching and holding hands with members of the same sex in public is acceptable and demonstrates friendship. Touching or kissing members of the opposite sex in public is considered to be in extremely bad taste or obscene.

### Distance

Arabs stand very close to one another when talking. Westerners may find this uncomfortable, but do not back away.

### Time

Do not be impatient with local people. If you are impatient, often, nothing will get done. However, a late

arrival for an appointment is a public insult.

### Criticism

Unlike Americans, Arabs do not accept or give criticism directly. Even constructive criticism of an Arab's work or ideas in public is considered an insult. It is especially rude to contradict a person of status. Ideas or suggestions should always be given recognition. If criticism is required, take the person aside privately and gradually lead up to the subject in an indirect and very tactful manner. Arabs understand and appreciate tact because it protects public image and avoids insult.

### Patronizing

Do not talk down to someone because they don't speak English well.

### Photography

Do not take pictures of military or civilian installations or equipment, military or civilian police, or civilian airport or seaport facilities without the permission of the host country. Do not photograph people at close range (particularly women) without permission.

### Women

Do not stare at or strike up a conversation with Arab women in public.

## Do you know your unit deployment manager?

Unit deployment managers are the first step to a successful deployment. Below is a list of the current wing UDM's:

### 319th Aircraft Maintenance Squadron

Tech Sgt Diran Tookmanian  
Staff Sgt Willis Blevins  
Staff Sgt Kenneth Kohl

### 319th Civil Engineer Squadron

Mr. Harold James  
Tech Sgt Susan Long  
Airman 1st Class Joseph Cullinan

### 319th Contracting Squadron

Master Sgt Jacob, Kenneth  
Tech Sgt Barton Kirkpatrick  
Lt Timothy Rott  
Tech Sgt Alfred Barrie

### 319th Communications Squadron

Tech Sgt Denise Boozer  
Senior Airman Jeremy Yagoda  
Staff Sgt Jason Lichau

### 319th Maintenance Operations Squadron

Tech Sgt Mark Bollig  
Master Sgt Russel Rossburg  
Master Sgt. William Eaker

### 319th Maintenance Squadron

Tech Sgt Terrie Franz  
Master Sgt David Fenton  
Tech Sgt Dan Leslie  
Staff Sgt Christopher Hurst

### 319th Services Squadron

Tech Sgt Daniel Cute  
Staff Sgt Karen Stoffle

### 319th Mission Support Squadron

Lt William J. Howard  
Airman Derek McQuaid  
Tech Sgt Todd Jevning

### 319th Air Refueling Wing staff

Master Sgt Gary Cleland  
Tech Sgt Jeffery Taylor

### 319th Logistic Readiness Squadron

Master Sgt Furnie Green  
Tech Sgt Erik Stocker  
Staff Sgt Nicole Crews  
Staff Sgt Michael Heikkila  
Senior Airman Serita Bennett

### 319th Medical Group

Master Sgt David Breon  
Mr. Chris Weir  
Lt Andrew Herman

### 319th Operations Group

Capt Brandon Thomas  
Capt Joseph Gaddis  
Mr. Michael VanInwegen

### 319th Operations Support Squadron

Maj David Lalone  
Maj John Majewski  
Tech Sgt Ann Warner

### 319th Security Forces Squadron

Tech Sgt Jerrod Majors  
Tech Sgt Timothy Vaughn  
Senior Airman Michael Yeagley  
Staff Sgt Mathew Huss

### 319th Comptroller Squadron

Senior Airman Joseph Luksik



## Legal asks...Are you ready to deploy

By Capt Robert Beyler  
319 ARW Legal Office

The legal office provides assistance to active duty and retired military members and their dependents. The assistance is also available for activated Reservists and National Guard members, as well as deployment-related assistance for inactive Reservists and National Guard members who are subject to federal mobilization. The best part is that all of these services are free.

### Wills

Do you have a last will and testament? If you have one, is it current? A will is one of the most important documents that you can complete prior to your deployment. Your will is the document that determines who inherits your property if you die. It can also state who takes care of your children. If you do not have one there is no guarantee your property will be distributed the way you wished or even who will be the guardian of your children. If you do not have a will, a court may determine the answers to these questions. Don't forget that a will is not just for you; it is for your survivors, whether your spouse, children, parents or siblings. A will can bring a measure of peace of mind for those who may otherwise anguish about deciding what you would have wanted. The legal office can prepare wills at no charge (local attorneys typically charge \$150 per person). Normally, we can draft your will and execute it the same day.

### Living wills

Suppose through injury or illness you are unable to speak for yourself like the Florida case involving Mrs. Schiavo? Does your family know your wishes should you enter persistently vegetative state? A living will allows you to decide what life-saving measures will be taken on your behalf, and who will speak for you should you suffer an accident or illness that leaves you in such a condition. This document will only be used if you are unable to make these decisions for yourself because you are incapacitated. A living will appoints an individual to make decisions about life support treatment, i.e. food, water, respirators, etc. If you have a strong desire not to remain on life support systems for an extended period of time, this document ensures your desires are known. We can prepare a living will for you and your spouse at the same time we prepare your will. Again, there is no charge for this service.

### Powers of Attorney

Powers of Attorney permit another individual to act on your behalf. There are two types- General and Special. A General Power of Attorney allows an individual to handle many aspects of your personal affairs. They can sign your name to documents, sell your vehicle or house, write checks, pay your bills, etc. A Special Power of Attorney is more limited. It allows an individual to act on your behalf for only one or more specific acts. The advantage to a General Power of Attorney is that one document covers many areas. That is also its disadvantage, however. A Special Power of Attorney, due to its limited nature, is "safe", but more than one document (possibly several) would be needed to cover many specific tasks (and these tasks would have to be foreseen at the time the document was prepared). Some banks or government agencies may insist upon a Special Power of Attorney. Powers of Attorneys are usually given for one year so they should be updated annually.

We can draft these documents and many others free of charge. Call our office at 747-3606 for more information or to make an appointment with one of our attorneys.

1 "Bring two or three old sheets or shower curtains and cord. You can use them in the tents to make sections so you don't have to watch the person next to you change." - Staff Sgt. Chad Maurice, 319th Communications Squadron.

2 "The most important thing to remember when you go to the Middle East is to invest in brown t-shirts. They can make the heat a little more bearable." - Staff Sgt. Nick Stegman, 319th Operations Support Squadron.

3 "Gortex pants; you never know what the weather will be. I was soaking wet for two months!" - Staff Sgt. Melissa Witter, 319th Communications Squadron.

4 "I would highly recommend putting all your stuff in those plastic, lockable foot lockers. They are smaller than normal but are really easy to transport. They are also very handy in communal living conditions. It's much easier to live out of a foot locker than a suitcase." - Maj. John Ayres, 319th Comptroller Squadron commander

5 "Don't just go out and buy the 'cheap' stuff; buy what will make you comfortable: nice towels a few toothbrushes, a good shaver, etc..." - Airman 1st Class Jameson Ford, 319th Communications Squadron.

6 "All the bedding is provided to you, unless you are particular about your sheets. I brought my own pillow, sheets and fleece blanket." - Staff Sgt. Tara Draffen, 319th Logistics Readiness Squadron.

7 "Inform your "folks" back home to refrain from sending anything that will keep your packages at customs instead of with you. Anything pornographic or too revealing, alcohol and powdered mixes (unless in sealed plastic containers.)" - Staff Sgt. Mary Meyer, 319th Security Forces Squadron.

8 "Cut the sleeves off an old brown/black shirt to use as a scarf over your nose/month during sandstorms." - Staff Sgt. Chad Maurice, 319th Communications Squadron.

9 "Since you'll be lugging everything yourself, I would get one of those little fold-up dolly carts. Don't waste your time with the little one. Get the beefy one with big wheels." - Maj. John Ayres.

10 "I highly recommend carrying those finger toothbrushes; they work great when flying and you don't need to use water. On a C-130 you don't really have a sink to brush in." - Staff Sgt. Nick Stegman, 319th Operations Support Squadron.

11 "Depending on where you are going and what you are doing...like third country national escort duty...we had trucks with tape players, so we had someone send us a lot of those tape adapters to hook up to our CD players so we could listen to music!" - Airman 1st Class Sheena Hamilton, 319th Comptroller Squadron.

12 "The almighty lip balm and sun block." - Airman 1st Class Sheena Hamilton, 319th Comptroller Squadron.

13 "Boots, but try and bring the non-gortex ones. The gortex ones are often way too hot." - Tech Sgt. Todd Arend, 319th Security Forces Squadron.

14 "Bring a good pillow." - Tech Sgt. Todd Arend, 319th Security Forces Squadron.

15 "Have a goal on your deployment like studying for rank, finishing career development courses (thanks to electronic testing), get in better shape, learn more about the deployed aspect of your job, work on the fundamentals of your career field, network while you're down range and learn a little about someone else's job." - Tech Sgt. Chris Ellingson, 319th Communications Squadron.

16 "Put together your own first aid kit. We got some sent to us from Army Systems Command that were pretty good. They had various bandages, gauze, cold-packs, scissors, salves, etc. It might come in handy." - Maj. John Ayres.

17 "Burn digital family pictures onto a CD. This takes up less space in your bags and allows you to have a lot more pictures. Of course take a couple of printed ones for your work place and bunk." - Tech Sgt. Chris Ellingson.

18 "Take advantage of volunteer opportunities. I volunteered at the hospital and did a lot of patriot details (honoring fallen soldiers). It helped me really appreciate what I was there for, and it passed the "down" time I had." - Airman 1st Class Jameson Ford.

19 "Bring lots of batteries, especially AA, C, and 9 volt." - Staff Sgt. Mary Meyer, 319th Security Forces Squadron.

20 "Technical orders are heavy books that take up a lot of space in your deployment and personal bags. Burn them to CD and print them out once you get there." - Tech Sgt. Chris Ellingson, 319th Communications Squadron.

21 "Bring a hobby like books to read, magazines, sports equipment, guitar, needlepoint...the list goes on." - Staff Sgt. Mary Meyer.

22 "Don't forget the duct tape." - Staff Sgt. Nick Stegman.

23 "Have a half and half mix of air freshener spray and rubbing alcohol. Spray down your mattress before use and in between linen exchange. The mix makes for a good smelling disinfectant." - Staff Sgt. Mary Meyer.

24 "Drink mix for the water." - Tech Sgt. Todd Arend.

25 "Make the best out of a bad situation. When you are deployed a lot of things are different and scary at times. Just keep in mind that what ever you are going through some one has it worse. Also take pride in it, there aren't very many people who are out doing what you are nor would they if given the chance." - Airman 1st Class Jameson Ford, 319th Communications Squadron.

Photo by Tech Sgt. Scott Steiner

# Prepare now for family reunion

## *Ways to keep relationships strong through deployment*

Courtesy Air Force Crossroads

The family support center has many resources to help families through deployments. Below are some basic tips that can also help out.

### Family

- Have you discussed your feelings about the deployment and return?
- Have children been included in discussions on where you are going, when you are coming home, and why you are leaving?
- Have you reached an agreement the on frequency of letter writing and phone calls?
- Do you have current family snapshots?
- Have you recorded your children's favorite bedtime stories or songs on cassettes?
- Do both the deploying member and remaining parent or guardian understand what the Family Support Center, Family Services, Air Force Aid Society, American Red Cross, Chaplain etc. can do for you and how to contact them?

### Security

- Has the home been given a security check?
- Do all window locks work?
- Do the windows open or are they painted shut?
- Do all door locks work properly?
- Do you have keys for all doors or combinations for all padlocks?
- Do the smoke alarm function and do you know how to test them?
- Are all emergency numbers posted where they can easily be referred to?
- Is there an appropriate message on the answering machine? (Having a male voice sometimes discourages prank phone calls)
- Do you need to change your phone number to an unlisted number? (If so, make sure member's unit has this new number in case of emergencies)

### Medical

- Do you know and understand how to use the medical facilities, CHAMPUS and CHAMPUS Prime?
- Do you know who your children's pediatrician is and what the phone number is?
- Do you know your children's dentist or orthodontist and their schedule?

### Financial

- Have you determined who will pay the bills?
- Do you have a spending plan?
- Do you both understand the spending plan?
- Has an allotment been established?
- Will the allotment be in effect in time?
- Is there a "backup" plan if the allotment is late?
- Have you established two checking accounts?
- Have you decided upon a procedure for income taxes?

### Legal

- Do you know your spouse's social security number?
- Have you provided for a Power of Attorney?
- Have guardians for the children been named in the wills?
- Does everyone who qualifies have a government identification card?
- Will any ID cards need renewing?
- If an ID needs renewing, has Form DD 1172 been completed?
- Is military member's record of emergency data on record and current?
- Do you know the process for moving household goods?

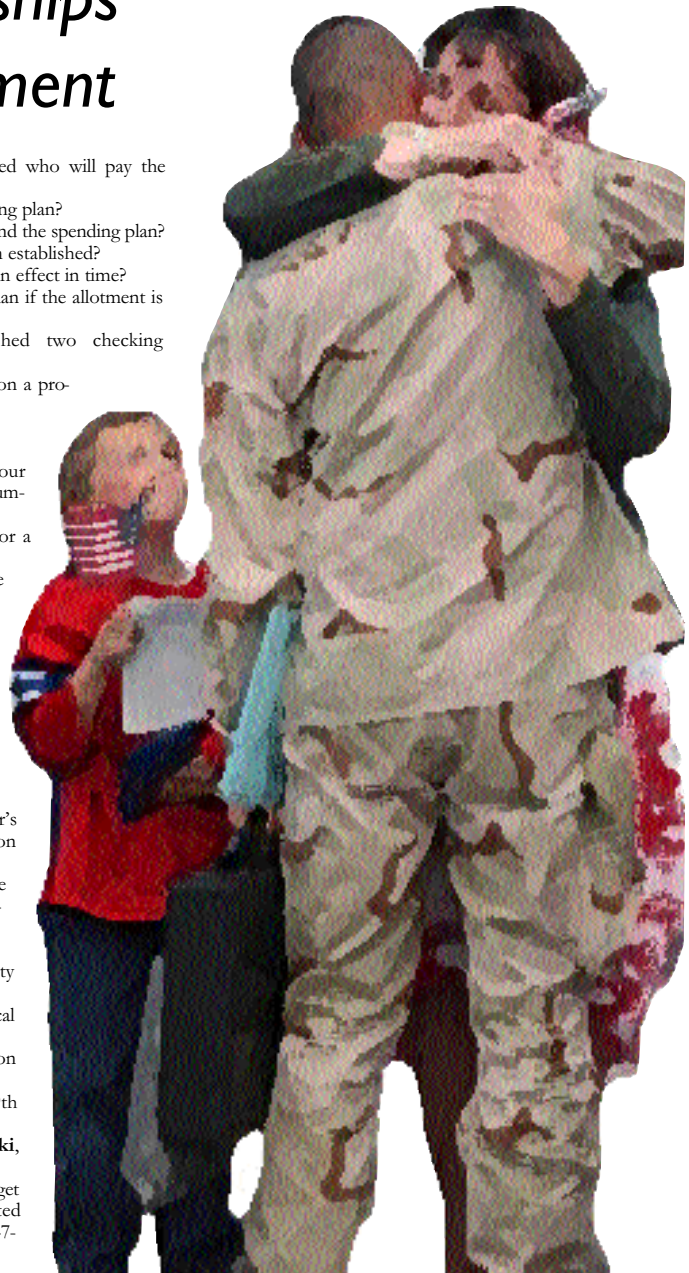
The wing Community Readiness Consultants are:  
**John Hanson**, 319th Medical Group

**Vicki Lokken**, 319th Mission Support Group

**Sheryl Anderson**, 319th Operations Group

**Michele Shull Reinowski**, 319th Maintenance Group.

To contact them and to get any of the numbers listed above call the FSC at 747-3241.



## Local Area

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As the temperature heats up in North Dakota this summer, so too will a number of events scheduled across the state. Here's a sampling:

### **Old-Fashioned Saturday**

**Northwood** (*Friday - Sunday*)

Northwood is home to a community celebration that includes a picnic, sidewalk sales, a parade, games, craft show, demolition derby, a dance and water carnival. There's also a road race, kiddie parade, used book sale and community supper.

For more information, call 701-587-5370; or online at [www.discovernorthwood.com](http://www.discovernorthwood.com).

### **North Dakota Ukrainian Festival**

**Dickinson** (*Friday - Sunday*)

It's the 25th anniversary of the festival that celebrates Ukrainian culture and heritage. The event highlights 25 years of song, dance, theater, exhibits and meals.

For more information, call 701-483-4366; or online at [www.dickinsoncvb.com](http://www.dickinsoncvb.com).

### **North Dakota State Fair**

**Minot** (*Friday - July 30*)

This annual event caters to people of all ages.

There are free stage entertainers, commercial booths, competitive exhibits, rodeo events, auto events, a carnival, an abundance of fair food and a grandstand lineup that includes Tim McGraw, Rick Springfield, Night Ranger, Montgomery Gentry, Hoobastank, Terri Clark and Big and Rich.

For more information, call 701-857-7620; or online at [www.ndstatefair.com](http://www.ndstatefair.com).

## Base Activities

### Barking good time



Photo by Airman 1st Class Patrice Clarke

**Staff Sgt. Kenneth Kohl sits with his great dane Leah at a base dog show Saturday. Participants entered their dogs in different categories from cutest tail to biggest dog.**

### Tuesday

#### Super Saturday

Tuesday is the last day to sign up for super Saturday at the youth center from 6 to 11 p.m. for children ages 6-12. Cost is \$10 for members, \$15 for nonmembers and includes dinner and an evening snack. Fifteen people are required to hold the event. For more information call 747-3150.

### Wednesday

#### Polo Park Shopping

The last day to register is for the shopping trip to Polo Park in Winnipeg is Wednesday. The bus will leave July 30 at 8 a.m. from outdoor recreation and return that evening. Cost is \$20 per person. For more information call 747-3688.



## Fit to Fight

### Base pool invites residents to cool off



*Photos by Airman 1st Class Patrice Clarke*

Issac Pifer smiles during a day at the pool Sunday as he plays with his parents Christyl and Dave. The base pool has a variety of activities for family members young and old. Open swim is free for families Monday through Friday from 1 to 5 and 6 to 9 p.m., Saturday from 1 to 6 p.m. and Sunday from 1:30 to 6 p.m. The pool also offers free water aerobics, lap swim and other activities. Base residents can also schedule pool parties and lessons for a fee. Anytime the pool is open there is a certified life guard on duty. For more details call the fitness center at 747-3386.



Ricky Sison cannonballs into the base pool Sunday.

### WELLNESS TIP

#### Facts about skin cancer

How many Americans will develop skin cancer during their lifetime?

**About 1 in 5 \***

- Between 40-50 percent of Americans over the age of 65 will develop non-melanoma skin cancer
- Men are more likely to develop skin cancer
- The risk of developing skin cancer is about 10 times higher for those with fair skin than those with dark skin
- Protect yourself ... limit time in sun or under sunlamp, wear protective clothing and use sunscreen

\* According to the American Cancer Society

SOURCE: AMC Command Surgeon Office

InfoGraphic by TSgt. Mark Diamond

### Intramural Golf standings

MSS	4-1	MXS	2-1
MDG	4-2	SVS	2-2
OSS	3-2	CS	1-2
LRS	3-2	CES	1-4